

Caregiver E-Visit

Summer 2016

Summer – A time to Celebrate and Beat the Heat!!

Flags, parades, ice cream, sizzling grill-outs and (UGH) also sizzling heat and humidity! Welcome to summer in Wisconsin!

Caregivers often have to think for two, so here are a few tips...

Celebrations with your care partner/receiver:

- Steer clear of crowds whenever possible. Cramped spaces make the heat more difficult to deal with, and can cause people with physical and cognitive challenges to become very anxious. They may not be able to express what is wrong in words. Delirium can set in, causing more confusion and upsetting behaviors. Family get-togethers are best held in small groups.
- When going out at all be sure that your care partner has identification that could be helpful if he or she became lost. See info about an Elopement Form on the ADRC website. Safe Assured ID and the Safe Return program are other safeguards. GPS devices are also available.

- Noises of celebrations may be very frightening, and for some people may bring back memories of being in danger. It may be best to distance yourself from fireworks and loud music.
- Be alert for fall hazards for both you and the person you are with. Crowded curbs, children and pets, sun in the eyes, uneven ground and bumps in sidewalks can be perilous.

Watching festivities on TV may be the most enjoyable way to join in!



Beating the heat:

Slow Down – don't hurry, reduce expectations, stay indoors, and make comfort a priority. Rest, rest, rest!!!

Drink Up – Aging can affect the body's ability to regulate temperature and conserve water. Some



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people don't realize they are thirsty and need to be encouraged to take in adequate fluids. Beverages may be more attractive if they are a nice color, served with ice cubes, and sipped through a straw. Water, juices and perhaps some "sun tea" are good remedies to restore balance. (caffeine and alcoholic beverages, not so much!)

For more information or if you wish to make comments on this

E-Visit, contact Marilyn Joyce 262-833-8764 or email marilyn.joyce@racinecounty.com

Mellow Out with cool foods in small portions. Foods with a high liquid content are beneficial: melons, smoothies, or a fresh cool-as-a-cucumber salad.

Act "shady"- Avoid sun exposure. Dress in loose, light colored clothing; wear a hat and sunglasses to protect your eyes. Use sunscreen several times a day, and avoid going out between 11 am – 4 pm if possible.

Run the engine of your mind on "cool" - Avoid the heat of anger, arguments, and guilt feelings. Remind yourself and others that "It's too hot for this today."



Sit still and eat a frozen dessert!!!

Now, how cool is that??

Kudos for Caregivers' A Day for Self Care and Renewal

Save the date for a Celebration of **You!**

November 4
(Friday)
10 am – 2 pm
Grace Church
3626 HWY 31
Racine



Respite Care will be available. More details to follow.



If you have ever been frustrated, overwhelmed, anxious, Been ignored by your care partner's medical provider, asked for help and ended up with an argument, neglected your own health to care for someone else, felt stressed enough to scream or felt like you are alone on this journey.... Please scroll down and consider acquiring some **Powerful Tools for Caregivers!**

Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease, or stroke can be physically, emotionally, and financially exhausting.

Connect with Resources

Balance Your Life

Take Care of Yourself

Aging and Disability Resource Center of Racine County
262-833-8777



Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources

Class meets for two hours, once per week for six weeks on Wednesdays

August 10 – September 14, 2016
6:00 p.m. to 8:00 p.m.

Aging and Disability Resource Center of Racine County –
Conference Room A

14200 Washington Ave,
Sturtevant, WI

Cost: \$10 for textbook and snacks

Call 262-833-8764 to register

Notes:

This class is being held on Wednesday evenings instead of Thursday as formerly planned.

*The class is also being offered by **Aurora Health Care** as an afternoon class beginning on August 24th.*

Call
262-884-4138 for more information on the Aurora Course



AGING AND
DISABILITY
RESOURCE CENTER
OF RACINE COUNTY

14200 Washington Ave
Strutevant, WI 53177

Phone: 262-833-8777
Email: adrc@racinecounty.com

Connecting you to your community's resources

Please Note that the ADRC has a new Website Location.
Find us at: www.adrc.racinecounty.com

Support Groups for Family Caregivers

For caregivers who are over 60 or are caring for someone over 60 and caregivers (of any age) for people who have dementia. Contact: Marilyn Joyce, 833-8764, or marilyn.joyce@racinecounty.com

General Caregiver Groups

First Friday

12 Noon-1:00 pm

Caregiver Connection

Telephone Group

Call 833-8762 for call-in
Information

July 1 Aug 5 Sept 2

Third Tuesday

1:30-3:00 pm

Yorkville United Methodist
Church

17645 Old Yorkville Rd
(Just off of Highway 20, 3 miles
West of I-94)

July 19 Aug 16 Sept 20

Second Saturday

10:30 am- 12:00 Noon

Living Faith (former Atonement)
Church

2915 Wright Ave, Racine

July 9 Aug 13 Sept 10

Third Wednesday

1:30-3:00 pm

Burlington Senior Center
209 N. Main St, Burlington
Eppers Room

July 20 Aug 17 Sept 21

Alzheimer's Association Support Groups:

*For families dealing with any
type of dementia*

First Thursday

10:30 am -12 Noon

Bethania Lutheran Church
4120 Wright Ave, Racine

(Park and enter in the back of the
building)

July 7 Aug 4 Sept 1

Second Thursday

6:00 – 7:30 PM

Bethania Lutheran Church
4120 Wright Ave, Racine

(Park and enter in the back of
building)

July 14 Aug 11 Sept 8

